



National Nutrient Database for Standard Reference
Release 28 slightly revised May, 2016

Full Report (All Nutrients) 15007, Fish, butterfish, raw

Report Date: June 25, 2017 17:26 EDT

Nutrient values and weights are for edible portion.

Food Group : Finfish and Shellfish Products

Carbohydrate Factor: 3.87 Fat Factor: 9.02 Protein Factor:4.27 Nitrogen to Protein Conversion Factor:6.25

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 fillet 32g	3.0 oz 85g
Proximates						
Water	g	74.13	42	0.681	23.72	63.01
Energy	kcal	146	--	--	47	124
Energy	kJ	611	--	--	196	519
Protein	g	17.28	42	0.125	5.53	14.69
Total lipid (fat)	g	8.02	43	0.729	2.57	6.82
Ash	g	1.20	42	0.027	0.38	1.02
Carbohydrate, by difference	g	0.00	--	--	0.00	0.00
Fiber, total dietary	g	0.0	--	--	0.0	0.0
Minerals						
Calcium, Ca	mg	22	--	--	7	19
Iron, Fe	mg	0.50	--	--	0.16	0.42
Magnesium, Mg	mg	25	--	--	8	21
Phosphorus, P	mg	240	--	--	77	204
Potassium, K	mg	375	24	9.200	120	319
Sodium, Na	mg	89	24	3.209	28	76
Zinc, Zn	mg	0.77	73	0.027	0.25	0.65
Copper, Cu	mg	0.054	72	0.002	0.017	0.046
Manganese, Mn	mg	0.015	--	--	0.005	0.013
Selenium, Se	µg	36.5	--	--	11.7	31.0
Vitamins						
Vitamin C, total ascorbic acid	mg	0.0	--	--	0.0	0.0
Thiamin	mg	0.120	--	--	0.038	0.102

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 fillet 32g	3.0 oz 85g
Riboflavin	mg	0.150	--	--	0.048	0.128
Niacin	mg	4.500	--	--	1.440	3.825
Pantothenic acid	mg	0.750	--	--	0.240	0.637
Vitamin B-6	mg	0.300	--	--	0.096	0.255
Folate, total	µg	15	--	--	5	13
Folic acid	µg	0	--	--	0	0
Folate, food	µg	15	--	--	5	13
Folate, DFE	µg	15	--	--	5	13
Vitamin B-12	µg	1.90	--	--	0.61	1.61
Vitamin A, RAE	µg	30	--	--	10	26
Retinol	µg	30	--	--	10	26
Vitamin A, IU	IU	100	--	--	32	85
Lipids						
Fatty acids, total saturated	g	3.380	--	--	1.082	2.873
Fatty acids, total monounsaturated	g	3.380	--	--	1.082	2.873
Fatty acids, total polyunsaturated	g	0.590	--	--	0.189	0.501
Cholesterol	mg	65	--	--	21	55
Amino Acids						
Tryptophan	g	0.194	--	--	0.062	0.165
Threonine	g	0.758	--	--	0.243	0.644
Isoleucine	g	0.796	--	--	0.255	0.677
Leucine	g	1.405	--	--	0.450	1.194
Lysine	g	1.587	--	--	0.508	1.349
Methionine	g	0.512	--	--	0.164	0.435
Cystine	g	0.185	--	--	0.059	0.157
Phenylalanine	g	0.675	--	--	0.216	0.574
Tyrosine	g	0.583	--	--	0.187	0.496
Valine	g	0.890	--	--	0.285	0.757
Arginine	g	1.034	--	--	0.331	0.879
Histidine	g	0.509	--	--	0.163	0.433
Alanine	g	1.045	--	--	0.334	0.888
Aspartic acid	g	1.770	--	--	0.566	1.504
Glutamic acid	g	2.580	--	--	0.826	2.193

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 fillet 32g	3.0 oz 85g
Glycine	g	0.830	--	--	0.266	0.706
Proline	g	0.611	--	--	0.196	0.519
Serine	g	0.705	--	--	0.226	0.599
Other						